



Lecanto High School CAS Program



What is CAS?

Creativity

Activity

Service

Project

Documentation

Reflection

LHS Clubs

Global Village

Resources

Welcome to the LHS IB Diploma Candidate CAS Page!
Here you'll find all things CAS including inspiration and information to help you complete CAS and remain globally engaged.

November 2019

CAS 2021 Remind: @CAS-2021

CAS Handbook: [IB-CAS 2021](#)

CAS URL: <http://ibcas-lhs.net>

Hi Juniors:

Here is a "CAS Project all in one place" help document to answer all Project questions.

To declare your Project, download the CAS Activity Form from www.ibcas-lhs.net and be sure to download the form and save it your computer or device. Note on your form that this is your CAS Project. Then complete the form as usual and submit the form to Mrs. Price or Mr. Weil and email a copy to Mr Carella. Your CAS Project will count as two regular CAS activities in the semester you complete it in.

These notes are covered more in depth in the CAS Project power point linked here: CAS Project

All info is a refresher of the LHS IB CAS Handbook also provided in August and on the CAS website: www.ibcas-lhs.net

Note: CAS is not designed to add stress - the goal is for all to enjoy being engaged in the activities you normally do.

However, all students are encouraged to:

- Think about some activities that would challenge you and take you out of your comfort zone.
- Be aware that an IB requirement is to document and reflect on your CAS experiences.

The CAS Project should: (Ideas below are taken directly or paraphrased from the 2017 IB CAS Guide at: (ibo.org website <https://www.ibo.org/contentassets/5895a05412144fe890312bad52b17044/cas-2016-english-1st-final-web.pdf> <https://www.ibo.org/programmes/diploma-programme/curriculum/creativity-activity-and-service/cas-projects/> <http://ibcas-lhs.net/pages/PROJECT/project.html>)

See attached CAS Project Power Point with pictures of many actual CAS projects dating back to first year of IB at LHS. NOTE slides of CAS Learning Goals are included – these should always be kept in mind...

- Involve collaboration between a group of students; OR with members of the wider community
- Address any single strand of CAS— OR may combine two or all three strands
- Where possible, service projects should involve working alongside community members
- Encompass about 30 days from beginning of your planning to end result or culminating activity.

All CAS projects do not have to be overly ambitious – but a well-planned Project could become the highlight of your college admission or scholarship applications, as well as be an experience you long remember. A CAS Project is through an important part of your CAS portfolio.

The main goal of the CAS project is engaging in “collaboration, new skills, perseverance, initiative, and cooperation”. Three quick examples of excellent CAS projects:

- **Creativity:** plan, design and create a mural; form a creative writing or theatre or music group; organize and promote a Talent Show; choreograph a routine for marching band; exhibit your work in LSA
- **Activity:** NOTE: *Activity* refers to “healthy lifestyle” it is NOT mandatory that your CAS Activity experiences be varsity or competitive sports --- though these are acceptable and appropriate. CAS *Activity* can be any

experience that is participating in or promoting a healthy lifestyle. This could be organizing a new intramural sport such as ultimate frisbee; organizing informal exercise regimens; or starting up a yoga or dance group.

- **Service:** coach a community team for younger children

*****Remember, your project only needs to cover at minimum ONE of the above --- but 2 or 3 is perfectly OK too.**

MORE FROM IBO: “A CAS project is a collaborative, well-considered series of sequential CAS experiences, engaging students in one or more of the CAS strands of creativity, activity, and service. CAS students must be involved in at least one CAS project during their CAS program”.

More CAS Project Examples:

Creativity: A student group plans, designs and carries out campus beautification projects; this could be at LHS, the elementary school, or at the Citrus County Boys and Girls Club—or an orphanage on a service trip you might take. This could also count as service.

Activity: You plan a series of hikes in the Ocala National Forest; or on the Appalachian train in Georgia; you train with a group to participate in your first triathlon; You form and help lead a group on a series of weekly personal workouts – biking, hiking, or other types of exercise such as yoga, Zumba, or dance (this could be CAS Creativity also).

Service: Students set up and conduct tutoring for an after-school program at the elementary school; or with your own IB / PIBS peers here in the LHS media center. Plan and participate in the planting and maintenance of a garden with members of the local community – this could be CAS Activity also since gardening can be hard work

Service and creativity: Students identify that children at a local school need backpacks and subsequently design and make the backpacks out of recycled materials. OR Plan and practice to perform musically at a local nursing home.

IN SUMMARY, the CAS Project is:

- Minimum of one project is required
- more than an activity you simply attend.
- An activity or event you plan, design, and create in collaboration with peers or a wider community team.
- Ok to be a one-time event, such as a fundraiser, or half day clinic held for younger students or peers.
- Ok to be a onetime musical or dramatic performance
- Ok to be an ongoing – continuous activity.
- Of duration about 30 days -- which includes design and planning of your event or culminating activity or event.
- Minimum of two or three people teaming up – either peers at LHS or members from the wider community
- Can be local or international in nature.

Following are CAS Project ideas adapted to LHS I’ve seen help students meet their CAS project requirement:

The project creates activities others attend, so certain positions that students already hold may count as your project:

- Varsity Band Section Leader: *i.e.; holding, planning for, and leading weekly practice sessions*
- Team Captain (varsity/ community teams): *assisting the coaches by working with younger / newer players*
- ROTC lead officer for activities, trainings, drills, and practices.
- Club / Organization Officer: *If as officer you plan, collaborate, lead and do the work of club members attending and participating in your activity, these may be used as a CAS project with the approval of your adult supervisor for the organization.*
- Campus beautification such including murals and shrubbery / gardening enhancements.
- One Project this year will be improving the Veterans Honor Wall; with new frames and visual upgrades.

Finally: Be sure to continue reading the IB CAS Handbook, it’s meant to be looked at and returned to throughout Junior and Senior year. It’s emailed to all and can be accessed at:

- pulldown menus at: www.ibcas-lhs.net
- OneNote here: [IB-CAS 2021](#)